



**POST INJECTION INSTRUCTIONS FOR BOTOX
(Botulinum Toxin)**

1. For 4-hours post injection, it is very important to stay in the erect posture. DO NOT sleep, bend your neck/head to read, eat, etc. and DO NOT exercise.
2. DO NOT massage, manipulate or touch the area of injection.
3. DO NOT take aspirin, aspirin containing products, ibuprofen, Motrin, Aleve, etc. for 7-10 days before injection and for 2 days after injection to help decrease the possibility of bruising. Tylenol is ok to take and is recommended to decrease the chance of headaches.
4. For the 4-hour post injection period, DO use the muscles injected as much as possible, for example, frown, smile, and wrinkle your forehead. Muscle activity can improve results.
5. Remember that muscle paralysis from Botox takes 3-4 days and may not be complete for 2 weeks. Deep wrinkles will improve but may not resolve completely.
6. If you have any questions or concerns, Dr. Dimino can be reached at 949-721-8300 and after hours at 949-285-0177.